

Fruit and Vegetable Challenge

Gives students a chance to set a class goal and chart their progress

Materials:

1 Fruit and Vegetable Challenge poster for each classroom

Markers or stickers

1 Fruit and Vegetable Challenge individual chart for each student

Background:

If the class has not been taught a lesson on fruits and vegetables yet from the *Show Me Nutrition* curriculum, review this basic information:

- Children your age should try to eat about 2½ cups of vegetables and 1½ cup of fruit every day.
- Vegetables and fruits are important to keep us healthy.
- Think about grabbing a fruit or veggie when you want a snack.
- Eat a variety of different fruits and veggies.

Ask your Nutrition Program Assistant from MU Extension if you're not sure what lessons the class has been taught.

How To Do the Challenge:

- Hang up chart in convenient location
- Give each student an individual F & V Challenge chart
- Set a classroom goal with input from the students
 - o Have each student decide how many fruit and vegetable servings he or she will try to eat at school each week
 - o Have students write that goal on their individual charts
 - o Add the individual goals to get a classroom goal
 - o Decide how many weeks your challenge will last
 - o Do the math to figure your goal.

Example: If you have 25 students and they average 10 servings per week for 4 weeks, your goal is 1000 and you can fill the whole poster!

- Have every student mark 1 square on the poster for each fruit and/or vegetable they eat at school. Use either a marker or stickers. Any size portion counts. The goal here is to get them to eat more.
- Remind them to mark their individual charts for every time they eat a fruit or veggie at school. That could include breakfast, lunch, classroom snacks, classroom parties, and food tasting during nutrition lessons.
- Ask parents to support the Challenge by including fruits and vegetables in any sack lunches they send from home.
- To qualify for Extreme Health Challenge incentives, report the total number of fruit and vegetable servings logged by your class.

Make it fun by adding a contest if you want. Offer a prize for:

- The student who tries the most new fruits and vegetables during the challenge
- The classroom that eats the most fruits and veggies. Challenge other 4th & 5th grade classrooms to a competition.